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USA TRIATHLON WOMEN'S COLLEGIATE DRAFT-LEGAL TRIATHLON ATHLETE CHECKLIST

Dear Athlete, Coach, Athletic Administrator,

We're looking forward to seeing you compete at the upcoming USAT Women's Collegiate draft-legal triathlon. Before you arrive to put your hard work to the test there are several things I'd like to bring to your attention.

The rules of competition are not difficult to follow. However, there are several ways you can change the outcome of your competition in a negative way.

- Arrive with the incorrect bike gear. (DSQ, if not corrected)
- Helmet does not meet established CPSC standards and labeling. (DSQ, if not corrected)
- Early start. (:10 seconds)
- Leave gear outside the Transition basket after the swim. (:10 seconds)
- Mount your bike prior to the mount line. (:10 seconds)
- Athletes who have been lapped on the bike course (this includes not making it out of Transition before the lead athlete completes his/her first bike lap). (LAPPED/DSQ)
- Not completing the appropriate number of laps on the bike or run. (DSQ)
- Dismount your bike after the dismount line. (:10 seconds)
- Leave gear outside the Transition basket after the bike (including bike shoes). (:10 seconds)
- Behaving in an unsportsmanlike manner. (DSQ)
- **NEW: BEGINNING IN 2018, DISC BRAKES WILL BE ALLOWED.**
- **NEW: BEGINNING IN 2018, ATHLETES WHO ARE LATE OR MISS THE PRE-RACE MEETING WITH AN EXCUSED ABSENCE WILL BE PLACED AT THE END OF THE SWIM STAGING LINE. ATHLETES WHO ARE LATE OR MISS THE PRE-RACE MEETING WITH AN UNEXCUSED ABSENCE WILL RECEIVE A :10 SECOND DELAYED START. CONTACT JESSICA.WELK@USATRIATHLON.ORG IF YOU CANNOT ATTEND THE PRE-RACE MEETING.**

Please take some time to read through the following pages so you can be best prepared to have a successful competition. The information contained within these pages points out important competition details, however, it is not a complete listing of the rules. I encourage you to familiarize yourself with all of the rules of competition that are contained in the ITU Competition Manual at www.triathlon.org. All questions should be emailed to craig.hanken@usatriathlon.org.

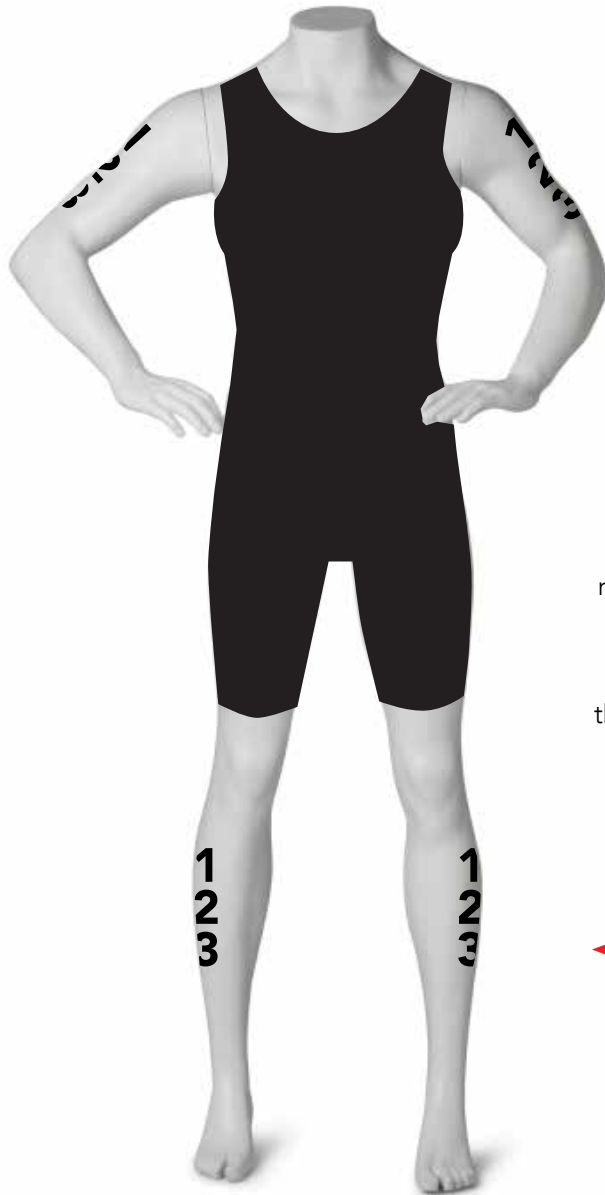
Best of luck to you!

Craig Hanken
USA Triathlon Draft Legal Coordinator
515.422.1846
craig.hanken@usatriathlon.org





UNIFORM & BODY MARKING



NOTE:
Race numbers on left
and right arm between
shoulder and bicep.



NOTE:
One-piece uniform
must fully cover the front
of the torso.

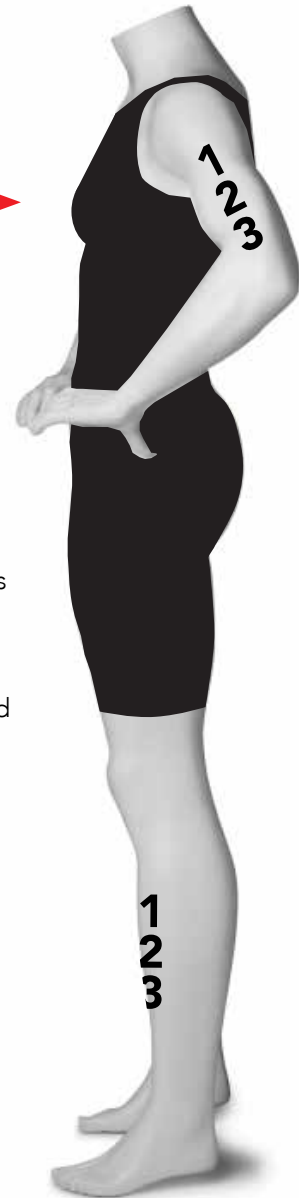
Womens one-piece
swimsuit also acceptable.

If front zipper exists, it must
remain closed (up). Rear zippers
or open-backs are approved.

An institution logo or name
that has been officially approved
by the institution's athletic
department must be
included on the suit.



NOTE:
Race numbers on left and right
leg between knee and ankle.





BIKE EQUIPMENT

NOTE:
Place bike number on the seat post or on top tube of the frame.

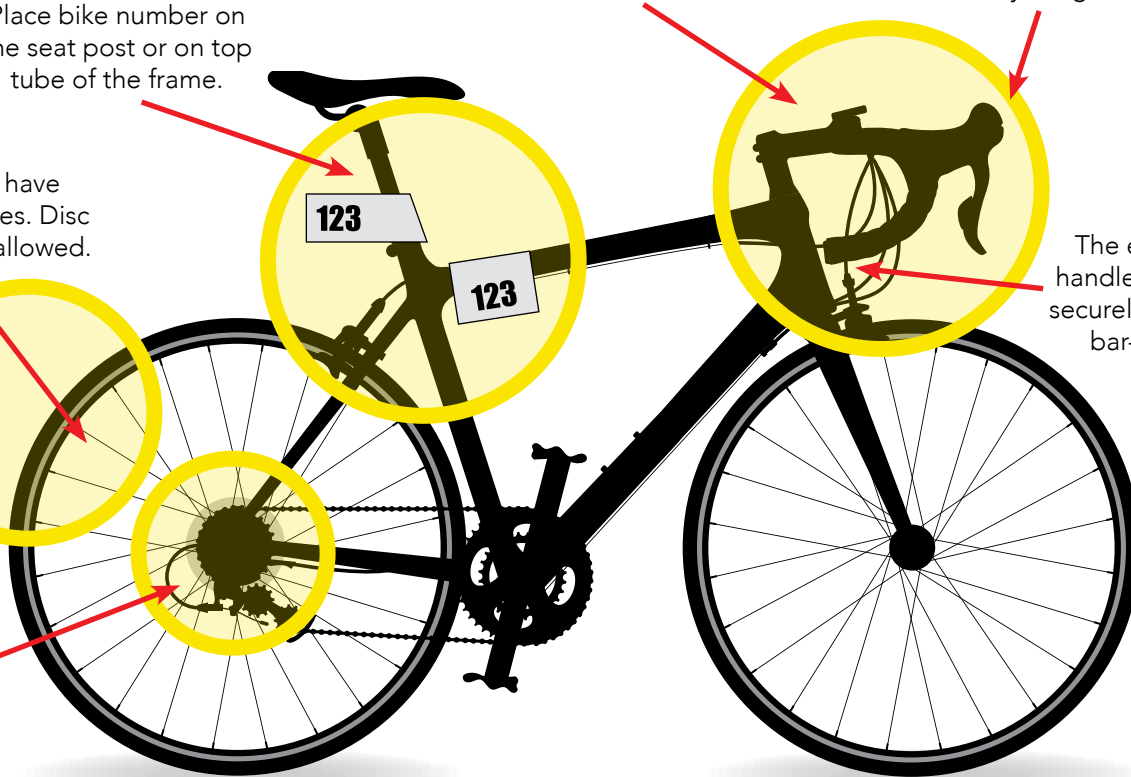
NOTE:
Wheels must have at least 12 spokes. Disc wheels are not allowed.

NOTE:
Only traditional drop-style handlebars and brake levers are allowed.

NOTE:
Aerobars may not extend beyond the handlebar brake levers and must be touching or bridged with a solid, factory bridge.

NOTE:
The ends of both handle bars must be securely covered with bar-end plugs.

NEW!
NOTE:
Disc brakes ARE allowed.



NOTE:
Aerobars must touch or be bridged with a solid, factory bridge.



NOT ALLOWED!
Handlebars with built in aerobars are not allowed.



NOTE:
Helmet must be free from defects and within standards described on page 5. Place helmet number sticker on front. Aero helmets are allowed, however helmets with an extended, pointed end are not recommended.



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PRE-RACE

- An athlete pre-race briefing will be held the day before the competition date. The meeting will not start earlier than 5:00 pm or end after 7:00 pm. USA Triathlon will communicate with all programs if the aforementioned time frame is not able to be met.
- Attendance at the pre-race meeting by all athletes is mandatory.
- All athletes are required to pick up their race packet in person, with a legal guardian if younger than 18, and the athlete's valid passport/government issued ID, and USAT membership card.
- Athletes with extenuating circumstances that prevent them from attending the pre-race meeting should contact Jessica Welk (jessica.welk@usatriathlon.org) immediately upon notification of start time.

ATHLETE IDENTIFICATION & BODY MARKING

- Each athlete is assigned a race number. Numbers are assigned in random order. Collegiate Club athletes will be numbered after all Varsity program athletes allocations have been made.
- A bike frame number and helmet number will be provided in the athlete's race packet at packet pick-up. Athletes will be body marked with markers or temporary tattoo numbers. (Swim caps will be provided at athlete check-in on race morning.)
- Race numbers should be on the left and right arm, and left and right leg. (See page 2)
- Bike race numbers, provided by the Race Director, must be placed on the bike as instructed, without any alteration. (See page 3)
- The bike helmet number sticker should be applied to the front of your bike helmet. (See page 3)
- Every athlete must wear a timing chip/strap. The timing chip/strap will be distributed on race morning only. Athletes are required to wear the timing chip strap on their ankle throughout the race.
- No race bibs or race number belts will be required.

RACE UNIFORM [EXCEPTION TO ITU RULES OF COMPETITION]

- All athletes must wear a uniform that includes the institution's name and/or logo that has been officially approved by the institution's athletic department.
- **Note: It is highly recommended any specific NCAA uniform guidelines are followed (e.g. the use and size requirements of manufacturer's logo.) Please refer to the NCAA bylaws and consult with your compliance department.**
- Family name and/or country code is not required.
- The recommended race suit for women is either a one piece swimsuit or one piece "tri suit."
- Front zippers are allowed but must not be lowered during the race.
- Rear zippers or open-back uniforms are allowed.
- Non-compliant uniforms will receive a verbal warning at Regional Qualifiers. All uniforms must be compliant by the National Championship. If the uniform is not corrected by the National Championship, athletes will be put to the end of the swim staging line.



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ATHLETE CHECK-IN [EXCEPTION TO ITU RULES OF COMPETITION]

- Athletes must attend a pre-race check-in at their assigned time on race morning prior to entering Transition.
- Athlete must arrive to this check with body, bike and helmet numbering, properly applied and visible. (See page 2 & 3)
- During the pre-race check-in Officials will review each athlete's body marking, bike and bike helmet.
 - Only traditional road bike drop handlebars are permitted. (See page 3)
 - Handlebar ends must be plugged. (See page 3)
 - Aerobars may not extend beyond the handlebar brake levers. (See page 3)
 - Aerobars must be touching or bridged, and plugged. (See page 3)
 - All participants shall wear a protective head cover, undamaged and unaltered, which meets or exceeds the safety standards of the U.S. Consumer Product Safety Commission (CPSC), and which is clearly labeled by the manufacturer as satisfying such standards, may be used in USAT sanctioned events. "Aero" helmets with an extended, pointed end are not recommended.
- **Note: Athletes must have the helmet chin strap buckled in place while touching the bike before, during or after the event, or the athlete will be disqualified. The chin strap must be snug against the athlete's chin.**
- Wheels must have the following characteristics:
 - Wheels shall have at least 12 metal spokes.
 - Disc wheels are not allowed.
 - Disc brakes ARE allowed.

NEW!

TRANSITION (PRE-RACE)

- Only registered athletes will be allowed in the Transition area.
- No glass is allowed in the Transition area.
- Athletes must rack their bike and equipment at their assigned position.
- Bikes must remain in Transition once racked.
- Bikes must be racked by the front of seat on the Transition rack at the start of the race, facing toward the field of play/flow of traffic.
- All equipment (shoes, helmet, etc.) must be contained directly on, under or behind the bike.
- Marking a Transition position by the athlete is not allowed.
- Only equipment to be used during the competition can be left in Transition.

THE START/SWIM

- Swim caps will be distributed on race day.
- All athletes will be provided an assigned time for a swim warm up.
- Athletes will report to the swim staging area approximately 10 minutes prior to the scheduled start of the race.
- Athletes will be called to the start line by race number/name.
- Once called to the start line, athletes must quickly select their start position and stand directly behind it until the race begins. Athletes may not change their starting position once selected.
- An Official will start the race by announcing "ON YOUR MARKS" at which time athletes should move into the starting position.
- Athletes must make forward motion to the water once the race start signal is sounded.





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- Blocking or interfering with the forward progress of another competitor is not allowed.
- False starts involving more than two athletes will be recalled to the start line, while an early start of one to two athletes will not. Penalties from the swim will be enforced by Officials in Transition.
- If the water temperature is 68° F or less, athletes will be allowed to wear wetsuits. Water temperature will be posted at packet pickup. The official water temperature will be announced 1 hour prior to the race start.

SWIM TO BIKE TRANSITION

- Swim gear (e.g., swim cap and goggles) must be placed in the athlete's assigned bin/basket in Transition, if provided.

BIKE

- Athletes may not ride their bike in the Transition area.
- A Wheel Stop will be located on the bike course. Please mark wheels with name/team name and leave them with Officials at Transition 30-45 minutes prior to your race so they may be transported to the Wheel Stop. Wheels will not be accepted at the Wheel Stop under any circumstances. Athletes must replace their own wheel on their bikes during competition.

BIKE TO RUN TRANSITION:

- Bikes must be racked by both handlebars/brake levers, or front of seat (facing either direction), after completing the bike course at their assigned rack location.
- All equipment/gear that will not be used on the run must be placed in the athlete's assigned Transition bin/basket, if provided.

THE RUN

- There will be a run course bike leader for the first runner.
- Water and/or sports drinks will be provided at an aid station(s) on the course.

PENALTIES

- Failure to follow the competition rules will result in a warning, time penalty or disqualification.
- Verbal Warning (and Amend):
 - Warnings alert an athlete to a possible rule violation and allow the athlete to correct the issue. They may be given with or without a time penalty.
 - Warnings may be issued by an Official by sounding a whistle; showing a yellow card to the athlete; and identifying the athlete's number. When given a yellow card, athletes will follow the instructions of the Official.
- Time penalty at the swim start:
 - Athletes who are late to the pre-race meeting or do not attend the pre-race meeting but have informed the lead official will have a delayed swim start of :10 seconds.
- Time penalty in Transition:
 - Time penalties will be :10 per violation.
 - The Official will hold a yellow card up as the penalized athlete arrives at their position in Transition. The athlete will be ordered to stop at their Transition space without touching any of their equipment. Once



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For exact details related to the Protest and Appeals process please refer to the ITU Competition Rules manual.

NOTE: ALL QUESTIONS ABOUT PROTESTS OR APPEALS SHOULD BE EMAILED TO CRAIG.HANKEN@USATRIATHLON.ORG, NOT ITU.



the athlete stops the Official starts to time the penalty. If the athlete touches or removes any of their equipment the counting will stop. When the penalty time is completed the Official will say "Go" and the athlete can continue with the competition.

- Time penalty at the Penalty Box:
 - Time penalties will be :10 per violation.
 - Penalties not served in Transition will be served in the Penalty Box during the run.
 - Penalized athlete's numbers will be clearly displayed on a board at the Penalty Box. Penalized athletes will proceed into the Penalty Box and inform the Official of their identity. The penalty time starts when the athlete enters the Penalty Box. When the penalty time is finished, the Technical Official will say "Go" and the athlete can continue with the competition.
 - **IMPORTANT! It is the athlete's responsibility review the Penalty Board for their bib number. If their number is present and they do not serve their penalty, then the athlete may be disqualified.**
- Disqualification is a penalty appropriate for severe rule violations, or dangerous or unsportsmanlike conduct. If time and conditions permit, Officials will sound a whistle; show a red card to the athlete; and call the athlete's bib number and say "Disqualified."
- An athlete may finish the race if an Official calls a disqualification.
- A disqualified athlete may appeal the decision according to the Protest/ Appeals procedure listed below.
- It is not necessary for an Official to give a warning prior to issuing a more serious penalty.

PROTESTS OR APPEALS

- A Protest is against the conduct of an athlete, Official, or the conditions of the competition. It may also be against an athlete's equipment.
- An Appeal is a request by an athlete for a review of a decision made by Officials/Competition Jury.
- An athlete may file a Protest with the Lead Official provided the Protest has not been previously observed by Officials and ruled upon.
- Protests concerning athlete eligibility or course safety must be made in advance of the competition. Please refer to the ITU Competition Rules for exact details.

GENERALLY, PROTESTS OR APPEALS MUST FOLLOW THE STEPS LISTED BELOW:

1. The intention to submit a Protest or Appeal must be made to the Lead Official within 5 minutes of the athlete's finish time at the Finish Line.
2. A deposit of \$50 USD must accompany the Protest or Appeal form. Forms may be obtained from the Lead Official and must include: alleged rule violation; location and approximate time of alleged violation; persons involved in the alleged violation; statement, including a diagram of the alleged violation, if necessary; the names of witnesses who observed the alleged violation.
3. The formal Protest or Appeal must be submitted to the Lead Official no more than 15 minutes after the athlete's finish time.
4. The \$50 USD deposit will be refunded if the Protest or Appeal is successful.



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TIMING, RESULTS AND AWARDS

- The competition will be won by the athlete who has the shortest time from the start signal to the moment when the athlete crosses the Finish Line.
- Time splits to be included in the results are: Swim (or first segment); Transition 1; Bike (or second segment); Transition 2; Run (or third segment); Overall Finish Time.
- The following results will be provided: NCAA varsity results and collegiate club program results.
- Please reference the Women's Collegiate Triathlon Scoring and Invitation Criteria document for additional details regarding awards and distribution.

EXCEPTIONAL CONDITIONS

- The following competition formats may be considered due to exceptional conditions or inclement weather:
 - A triathlon may be modified to a duathlon, aquathlon, or even as a two segment competition: swim-run, bike-run or run-bike. Time trial starts may be allowed. The preferred option will be a duathlon with the shorter run first;
 - A duathlon may be modified to two segments: bike-run or run-bike. Time trial starts may be allowed;
 - The race director and USAT staff may consider other alterations if the options listed above are not possible.
 - If the triathlon is modified, the rules for the replacement event will be followed.

